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ABSTRACT

For most adolescents, one of the joys of the teenage years is the feeling of being connected to others, not just parents. A death in the family can change that. Tragedy in the family often leaves teenagers to deal with their grief alone, as adults and younger children are given most of the attention. This book is written for teenagers and addresses their experiences with grieving. It contains lessons that other teenagers have learned from their experiences with loss and speaks of the confusion, bitterness, and resentment they feel. Most of the teenagers presented in this book have been able to rebuild their lives. The table of contents, an index, and a cross-reference system are designed to steer readers towards whatever help they need. Chapter titles include: (1) "When Life Hangs in the Balance"; (2) "When Death Comes"; (3) "Funerals, Formalities, and Farewells"; (4) "Understanding Your Grief"; (5) "Understanding Your Feelings"; (6) "On Resuming Your Life"; (7) "Why Does It Have To Be So Hard?"; (8) "Tightening the Screws"; (9) "What Does the Future Hold for Me?"; (10) "Teens and Their Secrets"; and (11) "What Friends Can Do?" (Contains 12 Web sites.) (JDM)



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